

CNRMA

COMMANDER NAVY REGION MID-ATLANTIC



Serving the  
Mid-Atlantic Region  
Navy Community

Safety Office

Naval Amphibious Base  
Little Creek



## SAFETY ADVISOR

June 2007

The Navy Region, Mid-Atlantic Public Safety, Little Creek Safety Office publishes the Safety Advisor and widest dissemination within your organization is encouraged. Please post on official bulletin boards and route to your staff.



Wow! Summer is here already...where does the time go? After a hot and sunny Memorial Day weekend we'll start this issue with tips on protecting yourself from the sun and heat. June 1<sup>st</sup> is the beginning of Hurricane Season so we will move into providing information you need to be prepared for summer storms. We will continue stressing traffic safety throughout the summer. With the increase in gas prices there has been an increase in two-wheeled vehicles on the road and unfortunately an increase in traffic fatalities. So let's dive in and have a great summer.

## SUN Safety

Overexposure to the sun's rays affects people of all ages and all skin types throughout the year. Skin cancer is the most common of all cancers and the number of cases in the United States is on the rise. According to the American Cancer Society, more than 1 million cases of basal cell or squamous cell cancer will be diagnosed annually. UV radiation is the most important environmental factor in the development of skin cancer. This makes skin cancer a largely preventable disease when sun protective practices and behaviors are consistently applied and utilized. Before you and your family head outdoors find out how the sun's rays may affect you and what you can do to protect yourself.

**Sun Protection** - The effect of the UV radiation on each individual depends on a number of factors, including:

- ✓ skin type
- ✓ the time of year
- ✓ and the amount of sun exposure the person has recently received

Your skin tone and susceptibility to burning is classified according to the chart on the right:

Even if you have tanned or been burned before, it's never too late to protect your skin. Sunscreens protect your skin from UV rays and are classified according to the Sun Protection Factor (SPF). An SPF 4 blocks out 75% of the burning UV rays, while an SPF 15 blocks out 93% of the burning UV rays; an SPF 30 blocks out 97% of the burning UV rays.

Skin Type	Sunburn and Tanning History
I	Always burns, never tans, sensitive to exposure
II	Burns easily, tans minimally
III	Burns moderately, tans gradually to light brown
IV	Burns minimally, always tans well to moderately brown
V	Rarely burns, tans profusely to dark
VI	Never burns, deeply pigmented, least sensitive

Always use sunscreen with a Sun Protection Factor (SPF) of 15 or greater. For best results, apply sunscreen about 30 minutes before going outside to allow it time to bond with your skin. In addition to protecting you from overexposure to sunlight, sunscreens also help to prevent other problems related to sun exposure including aging skin and precancerous growths.

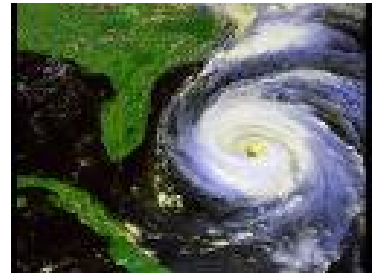
**Sun Safety Tips** - Take the following steps to protect yourself:

- When possible, avoid outdoor activities between 1000 and 1600 when the sun's rays are the strongest.
- Reapply sunscreen frequently, especially after swimming, perspiring heavily or drying off with a towel.
- Wear a hat with a 4-inch brim all around to protect areas often exposed to the sun, such as the neck, ears, eyes, forehead, nose and scalp.
- Wear clothing to protect as much skin as possible. Long-sleeved shirts, long pants, or long skirts are the most protective. Dark colors provide more protection than light colors by preventing more UV rays from reaching your skin.
- To protect your eyes from sun damage, wear sunglasses that block 99 to 100 percent of UVA and UVB radiation.
- Swimmers should regularly reapply sunscreen. UV rays reflect off water and sand, increasing the intensity of UV radiation.
- Some medications, such as antibiotics, can increase your skin's sensitivity to the sun. Ask your doctor or pharmacist about the medicines you take and learn more about extra precautions. *(Source: American Cancer Society)*

## Severe Weather Preparedness

### Hurricanes

Hurricane Season begins June 1<sup>st</sup> and runs through November are you prepared? Now is the time to gather the supplies you will need in the event of tropical storm or hurricane striking the Hampton Roads area. A Hurricane Watch is issued when hurricane conditions are forecast for the area within the next 36 hours. When the watch is posted it's time for you to put your families disaster plan into action. A Hurricane Warning is issued when sustained winds of 74 mph or greater are forecast for the area in the next 24 hours. By this time your plan should already be in progress. Information on putting together your families' plan and disaster supplies is available from many different sources:



- ✓ The Naval Safety Center - [www.safetycenter.navy.mil](http://www.safetycenter.navy.mil)
- ✓ Virginia Dept. of Transportation (VDOT) [www.VirginiaDOT.org/hurricanes](http://www.VirginiaDOT.org/hurricanes) (Includes evacuation routes)
- ✓ Virginia Dept. of Emergency Management (VDEM) [www.vaemergency.com](http://www.vaemergency.com)
- ✓ Federal Emergency Management Agency (FEMA) [www.fema.gov](http://www.fema.gov)
- ✓ Tips for preparing your family, business, and pets [www.ReadyVirginia.gov](http://www.ReadyVirginia.gov)

### Tornadoes

**Tornado Watch** - Conditions are **conductive to the development** of tornadoes in and close to the watch area.

**Tornado Warning** - A tornado has actually been sighted by spotters or indicated on radar and **is occurring or imminent** in the warning area. (In addition, severe thunderstorms can produce tornadoes, or cause damage of their own from wind gusts of 58 mph or greater and/or hail 3/4-inch in diameter or larger.) **When a tornado warning has been issued, you may have very little time to prepare.** How you respond now is critical. And how you react depends on where you are.



**In a Frame Home** - Make sure you have a portable radio, preferably a NOAA weather radio, for information.

- ✓ Seek shelter in the lowest level of your home (basement or storm cellar). If there is no basement, go to an inner hallway, a smaller inner room, or a closet. Keep away from all windows.
- ✓ You can cushion yourself with a mattress, but do not use one to cover yourself. Do cover your head and eyes with a blanket or jacket to protect against flying debris and broken glass. Don't waste time moving mattresses around.
- ✓ Keep your pet on a leash or in a carrier.

- ✓ Multiple tornadoes can emerge from the same storm, so do not go out until the storm has passed. Do not leave a building to attempt to "escape" a tornado.

**In a Mobile Home** - Leave your mobile home immediately and take shelter elsewhere.

**Outside** - Try to get inside and seek a small protected space with no windows.

- ✓ Avoid large-span roof areas such as school gymnasiums, arenas, or shopping malls.
- ✓ If you cannot get inside, crouch for protection beside a strong structure, or lie flat in a ditch or low-lying area and cover your head and neck with your arms or a piece of clothing.

**In a Car** - Ideally, you should avoid driving when tornadoes or other kinds of dangerous weather threaten, because a vehicle is a very unsafe place to be. If, however, this is not possible, stay as calm as possible, and assess the situation.

- ✓ Your best option might be to get out of the car and lie flat in a ditch or other low-lying area that is sufficiently deep enough to protect against the wind. If you do so, beware of water runoff from heavy rain that could pose a hazard; get as far away from the vehicle as possible and shield your head from flying debris. Or, if possible, take shelter immediately in a nearby building.

## Thunderstorms and Lighting



**Severe Thunderstorm Watch** - Conditions are **conductive to the development** of severe thunderstorms in and close to the watch area.

**Severe Thunderstorm Warning** - A severe thunderstorm has actually been observed by spotters or indicated on radar, and **is occurring or imminent** in the warning area.

- ✓ Equate thunder with lightning, even if lightning is not visible where you are. If you can hear thunder, you are close enough to be struck by lightning.

✓ Though severe thunderstorms can certainly contain a lot of lightning, not all of them do, and many thunderstorms laden with lightning occur without being designated "severe" and without any watches or warnings in effect. Severe thunderstorms are defined as those which produce hail 3/4" in diameter or larger, wind gusts 58 mph or greater, and/or tornadoes. In lieu of official lightning warnings and watches, you can keep your own vigilant watch, both on the sky and the forecast. Keep alert for thunder and lightning, and for signs that can be (though aren't always) associated with thunderstorms, such as darkening clouds and sudden wind shifts.

A Severe Thunderstorm warning is in effect what should you do?

**At Home** - If you are at home, protect yourself and your family following the safety tips below:

- ✓ Follow weather reports. Make sure a battery-powered radio is nearby.
- ✓ **Do not turn on the television.**
- ✓ Lightning can cause power surges. Unplug all appliances before the storm hits.
- ✓ Avoid using the phone. Telephone lines can conduct electricity.
- ✓ Metal pipes also conduct electricity. Stay away from faucets, sinks, and bathtubs.
- ✓ Close the blinds and shades of your window, then keep away from them.
- ✓ Keep pets on a leash or in a carrier.



**Away From Home** - There are times when storms come up suddenly. If you are away from home, protect yourself and your family by taking cover in the best shelter you can find.

- ✓ If you are in or near the water, go to land immediately and find shelter.
- ✓ If choosing between a building and a car, choose the building.
- ✓ If choosing between a hard-top and a convertible, choose the hard-top. If you're in a car, keep the windows closed.
- ✓ If there is no shelter, find a low-lying, open place that is a safe distance from trees, poles, or metal objects that can conduct electricity. Make sure it is not likely to flood.

- ✓ Assume a tucked position: Squat low to the ground. Place your hands on your knees with your head tucked between them. Try to touch as little of your body to the ground as possible. Do not lie flat on the ground, as your fully-extended body will provide a larger surface to conduct electricity. Stay in a tuck position well after the storm passes.
- ✓ If you feel your hair stand on end in a storm, drop into the tuck position **immediately**. This sensation means electric charges are already rushing up your body from the ground toward an electrically charged cloud. Minimize your contact with the ground to minimize your injury.

## How To Help Injured Persons

- ✓ After lightning has struck, there is nothing more important than seeing to the safety and needs of your loved ones. But sometimes people are afraid to touch a lightning victim. Once lightning has struck a person or even an object, however, the person or object does not carry a charge and cannot harm you. Although lightning is electrical, it is not like a house current.
- ✓ Administer First Aid immediately and call **911**. Check for breathing and for a pulse. If there is none, begin to administer CPR.
- ✓ A lightning victim often suffers severe burns in two places on the body: where the bolt entered and where it exited. Expect to find more than one injury.



**Myths** - Lightning kills or injures hundreds of people every year, mainly because the victims are not aware of the danger they face. Myths and mis-perceptions about lightning can add to the confusion. It's important for people to know how frequently thunderstorms occur in their own areas, because no state is exempt from this danger. Floridians, for example, should be aware their state has the highest incidence of lightning in the country.



**True Or False?** See just how enlightened you are!

Lightning always strikes the tallest object. *False! Lightning strikes the best conductor on the ground, not necessarily the tallest object. In some cases, the best conductor might be a human being.*

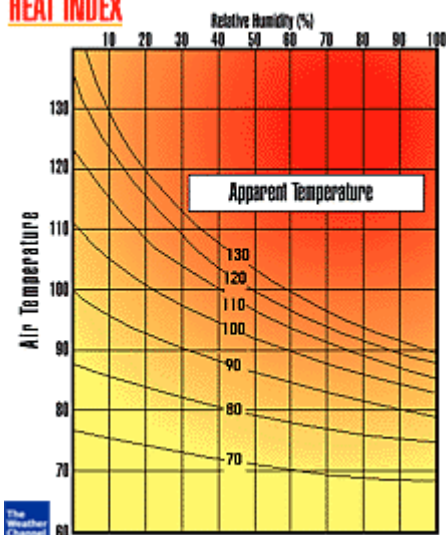
A car's rubber tires give protection from lightning. *False! Actually, the car itself is very well insulated and offers more protection than being outside in the storm. Of course, the exception to this is the convertible, which provides virtually no protection.*

Lightning never strikes the same place twice. *False! Tell that one to the Empire State Building, which is struck by lightning many times every year.*

## Heat Extreme's

Extreme heat is more than an issue of discomfort. It forces the body into overdrive as it tries to stay cool through perspiration and evaporation. People in urban areas are at greater risk because the stagnant atmospheric conditions trap pollutants in the air, which, when breathed can trigger respiratory problems for many people. The effects of extreme heat can undermine your physical well-being so slowly and subtly that the dangers aren't apparent until it's too late.

### HEAT INDEX



**Heat-Related Illnesses** - No matter where you live, it is important to recognize the real dangers of extreme heat and take action to offset its impact at its earliest stages. The gradual nature of extreme heat's effects on the body make it important that you be aware of the following heat-related illnesses:

**Severe Sunburn** - Sunburn reduces the skin's ability to release excess heat, making the body more susceptible to heat-related illness.

**Heat Cramps** - Muscle pains and spasms caused by heavy exertion, which triggers loss of water through heavy perspiration. These usually involve the muscles of the abdomen or legs.

**Heat Exhaustion** - A mild form of shock marked by heavy sweating, weakness, cold, clammy skin, a weak pulse, fainting and vomiting. This usually occurs when people have been exercising heavily or working in a warm humid place. The blood flow to the skin increases - in an attempt to cool the body



- causing the blood flow to the vital organs to decrease. **If not treated, the victim's condition will worsen; the body temperature will keep rising, possibly leading to heat stroke.** Note: simple overexposure to extreme heat can precipitate this condition in very young children and the elderly.

**Heat Stroke (also called Sunstroke)** - A truly life-threatening condition in which the body's internal thermostat has ceased to work. Your ability to sweat stops and the temperature can rise so high that brain damage and death may occur in less than ten minutes unless medical help is immediate.

**Before Exposure** - Stay indoors and avoid extreme temperature changes.

- ✓ Drink fluids -- particularly water or juice -- often, even if you do not feel thirsty, to help your body's thermostat stay cool. Avoid alcoholic beverages (including beer), which dehydrate the body.
- ✓ Eat small, frequent meals. Avoid foods that are high in protein, which increase metabolic heat.
- ✓ Keep pets indoors and refill their water bowls frequently.



**During Exposure** - If you must go out, wear lightweight, light-colored clothing to reflect the sun's energy.

- ✓ Slow down, avoid strenuous outdoor activity. If you must engage in strenuous activity, do it during the coolest part of the day, between 4 am and 7 am.
- ✓ Cover all exposed skin with a high SPF sun screen, and wear a wide brimmed hat to protect your face and head.
- ✓ Drink plenty of fluids.

**After Exposure** - Continue drinking plenty of water and juice.

- ✓ Never take a cool shower immediately after becoming overheated. You may cool too quickly and become ill, nauseous, or dizzy.

## June Safety Topics

National Safety Month – [www.nsc.org](http://www.nsc.org)

American Industrial Hygiene Conference & Expo – 4-6 June – [www.aiha.org](http://www.aiha.org)

Eighth Annual DoD Industrial Hygiene Forum – 5 June – <http://www.dodforums.org/IH2007/index.htm>

American Society of Safety Engineers (ASSE) Annual Conference & Expo – 24-27 June – [www.asse.org](http://www.asse.org)

Click-It-Or-Ticket Campaign (Final Week) 1-3 June [www.buckleupamerica.org](http://www.buckleupamerica.org)



## Future Safety Events

- **Street Survival – Teen Driving Program** – Date/Location Pending (**Watch the website for date & location**)
- **Quarterly Traffic Safety Council Meeting** – 16 August, 0830-0930, **Bldg 1602 Classroom (Rm. 112-E)** -all Safety Representatives are encouraged to attend. This is your opportunity to address traffic safety issues/problems observed on base.
- **Explosive Safety Inspection** – 17-21 September 2006

## NABLC Mishap Data (as of 06/01/07)

<i>Days since last mishap</i>	<b>23</b>
<i>Days since last lost time mishap</i>	<b>46</b>

*Commands reporting to NAB only*



## *"The Deficiency Corner"*

*Could this be your worksite??? If you have this problem... let's do something about it!!*



**Problem:** HAZMAT Storage Cabinet Corroded  
**Violation:** Integrity of locker breached  
**Solution:** 29CFR1910.106(d)(3)(ii)(a)



**Problem:** Improper Storage of HAZMAT  
**Violation:** Materials improperly stored  
**Solution:** OPNAVINST 5100.23G Ch7

### **The lever on the left...**

Apparently a lot of vehicles on the road no longer have turn signals installed. The owners must have removed the lever or paid extra to purchase a model without signals. It's the only explanation I can come up with to justify why drivers aren't signaling their intentions to make a turn or a lane change.



A review of the Virginia State Driver's Manual shows that turn signals are still required. It's right there on page 29 and reads, "When you plan to make a turn or to enter or exit a highway, first give the proper turn signal, **which is required by law**. Develop a good habit and use turn signals or hand signals even if no other traffic is on the road. **Signal when making turns, changing lanes, entering or exiting highways and ALWAYS let the other driver know what you intend to do.**" The driver's manual recommends you signal three to four seconds before you change direction so other drivers will have time to react. If the speed limit is 35 mph or more, signal at least 100 feet before you reach the turning point and for speeds less than 35 mph, signal at least 50 feet in advance. Most state's have a similar rule!

You can be issued a ticket for "Improper Signal" which is a four point violation or under Reckless Driving – failing to give a proper signal is a six point violation which can be a felony or misdemeanor.

Remember "***Driving is a privilege, not a right.***"

Most drivers are willing to let other drivers "in" if they signal their **intention** and most will even slow down a little and wave at someone to "go ahead" in response to a turn signal.

Whether in a car or on a motorcycle, zipping from lane to lane without using turn signals or checking to see if the lane is clear is one of the causes of traffic accidents. It can also cause "Road Rage". Failing to signal and cutting someone off usually results in the receipt of colorful language or the special "one fingered salute" which can escalate into a worse situation with someone getting run off the road or shots being fired at the offending vehicle.



## Traffic Death Update

### Traffic Death Updates -- FY07

May 29 -- A **sergeant** died from **injuries** suffered in a May 24 **motorcycle wreck** in Albany, Ga.

May 27 -- An **MA2** from NSA Washington DC was **killed when he lost control of his vehicle**, hit a guardrail and crashed into a tree. Also, an **E-5** from USS Leyte Gulf was **killed a motorcycle wreck**.

May 26 -- A **corporal** from MCB Quantico was **killed when he lost control of his motorcycle** and collided with a guardrail near Stafford, Va.

May 25 -- An **E-5** from USS **Leyte Gulf** was **killed a motorcycle wreck** near Myrtle Beach, S.C. A **lance corporal** from 3rd Battalion, 11th Marines, was **struck and killed by a car as he ran across a highway**, near Twentynine Palms, Calif. Mishap occurred at 0043; **alcohol involved**.

May 21 -- An **AM2** from HSC-3 was **killed** in a **motorcycle accident**.

May 17 -- A **seaman** from the School of Music at NAB Little Creek was **killed when the car in which she was riding went out of control and crashed into a tree**. Mishap occurred at 0155. The **driver** was in the military and has been **charged with DUI**.

May 13 -- An **E-1** from USS *Kittyhawk* was en route home when he was **killed in a single motorcycle accident** in Yokosuka, Japan.

May 12-- An **E-3** from HS-3 was **thrown from a vehicle while riding** with his girlfriend in Jacksonville; he suffered **fatal injuries**. Also, an **E-4** from ACU-4 was **fatally injured** in a **motorcycle accident** in Norfolk.

May 11 -- A **staff sergeant** from Marine Special Ops School was **fatally injured** when a **van pulled out in front of his motorcycle** in Myrtle Beach, S.C. Also, a **sergeant** from 1st BN, 4th MAR, **lost control of his motorcycle**, crossed into oncoming traffic and was **instantly killed** in a collision with a truck in Bonsall, Calif.

May 6 -- An **MA2** from Naval Base Coronado was **killed** in a traffic wreck near El Cajon, Calif. He had been **speeding and was ejected**.

May 2 -- A **lance corporal** and a **corporal** (one at the wheel, the other a passenger) from 1st MARDIV, 7th Marines, **died in a wreck** near Perris, Calif. The **driver lost control and crashed into a tree**.

[PMV Stats](#) | [PMV Narratives](#)

Navy and Marine Corps PMV Deaths FY07 to date: **71** (as of 05/31/07)

## Traffic Death's

When the last "Advisor" was published, the number of Navy and Marine Corp PMV Deaths were 55. 30 days later we stand at **71 deaths** according to the Safety Center website. That's **16 deaths in 30 days!!!**

MC Accidents = 9  
Vehicle Accidents = 6  
Pedestrian's = 1

Alcohol related deaths = 2  
Speeding = 1  
Ejected = 2  
Loss of Control = 4

We can't control the actions of the other driver's but we can control our own actions. The rules are simple to follow.... Please don't Drink and Drive; call a friend to pick you up or call a cab. Speeding...slow down and obey the speed limits. Wear your seatbelt, you are not only putting yourself in danger, but also endangering the other people in the car... an unrestrained person in a vehicle is like a missile and can hurt others in the vehicle. Keep your hands on the wheel and pay attention...don't let yourself become distracted by a cell phone, iPods, GPS, changing CD's, etc...if it's that important that you do it RIGHT NOW then pull over and take care of the problem. **Check with the personnel in your command who ride motorcycles. Have they completed the Motorcycle Safety Course? If not, let's get them enrolled. If they have completed the Basic Rider Course encourage them to enroll in the Experienced Rider Course to reinforce safe riding skills.**

## Traffic Safety Training



### Motorcycle Safety

**Basic Rider Course (BRC):** Two day course required for all Active Duty Military who ride a MC on or off base; and civil service personnel, and contractors who ride a MC on base.

**Experienced Rider Course (ERC):** One day course to brush up riding skills or gain experience with the new bike. Highly recommended if you have been deployed or off the bike for awhile. To enroll in the Experienced Rider Course, you must provide a copy of your BRC card to show you have completed the MSF Basic Rider Course- copy of card may be faxed to our office at (757) 462-2566.

### Driver Awareness Safety Training (DAST)

This is a one day (4 hour) class in traffic safety to establish & reinforce safe driving habits. This course meets the "Military Personnel under 26 years of age" traffic safety training requirement. Class dates will be determined based on interest in the class and personnel requesting registration. Commands interested in scheduling personnel for this training should contact our office at 462-2199 or 462-2196.

## Motorcycle Safety Training Schedule

*(More classes available at other Regional bases- see our website)*

<u>Dates</u>	<u>Course</u>	<u>Days</u>	<u>Times</u>
➤ 04-05 June 2007	BRC	Mon/Tue	0700-1600 (Class Full)
➤ 04 June 2007	ERC	Mon	0730-1200 (Class Full)
➤ <b>11-12 June 2007</b>	<b>BRC</b>	<b>Mon/Tue</b>	<b>0700-1600 Just Added!!!</b>
➤ 18-19 June 2007	BRC	Mon/Tue	0700-1600 (Class Full)
➤ <b>25-26 June 2007</b>	<b>BRC</b>	<b>Mon/Tue</b>	<b>0700-1600 Just Added!!!</b>
➤ 09-10 July 2007	BRC	Mon/Tue	0700-1600 (1 space left)
➤ 09 July 2007	ERC	Mon	0730-1200
➤ 23-24 July 2007	BRC	Mon/Tue	0700-1600
➤ 06-07 August 2007	BRC	Mon/Tue	0700-1600
➤ 06 August 2007	ERC	Mon	0730-1200
➤ 20-21 August 2007	BRC	Mon/Tue	0700-1600
➤ 04-05 September 2007	BRC	Mon/Tue	0700-1600
➤ 04 September 2007	ERC	Mon	0730-1200
➤ 17-18 September 2007	BRC	Mon/Tue	0700-1200
➤ 01-02 October 2007	BRC	Mon/Tue	0700-1600
➤ 01 October 2007	ERC	Mon	0730-1200
➤ 15-16 October 2007	BRC	Mon/Tue	0700-1600
➤ 05-06 November 2007	BRC	Mon/Tue	0700-1600
➤ 03-04 December 2007	BRC	Mon/Tue	0700-1600

*Due to unforeseen circumstances & the loss of classroom space – all classes scheduled for Fri/Sat and all evening classes have been cancelled. We apologize for any inconvenience this causes. We are adding additional (Mon/Tues) classes for June & July. Check the website for the most current schedules.*

- On-line registration & procedures, visit our website at:  
<http://www.nablc.navy.mil/safety/motorcycletrainingcourse.htm>. You may also register through ESAMS!!!
- **Participants must provide their own motorcycles for the course & have appropriate license endorsements**, registration, insurance and inspection.
- Classes begin at 0700 at Bldg 3535 Base Chapel. Participants will meet in the parking lot on the corner of 5th St. & D St (Lot is located between the Base Chapel and the NEX Furniture Store) See website for map!
- Personnel registering for the ERC must provide a copy of their BRC course completion card when they register.
- Questions can be directed to Kymm Beaver 462-2199



## **AAA Driver Improvement Program (DIP)**

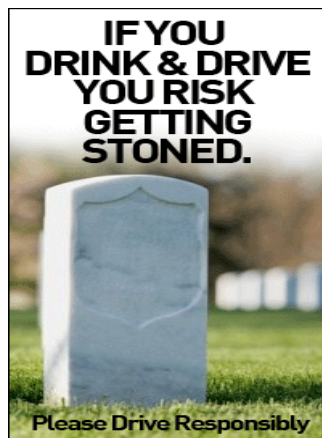
*(More classes available at other Regional bases- see our website)*

### **2007**

27 June	25 July
29 August	26 September
31 October	28 November
12 December	



- ✓ **Classes are limited to 30 personnel; however, a minimum of 15 personnel must be enrolled for the class to take place.** Classes not reaching minimum enrollment will be rescheduled or combined with another AAA DIP class in the CNRMA area (Yorktown, Naval Station, NAS Oceana, and NSA Northwest).
- Per OPNAVINST 5100.12G Navy Traffic Safety Program Instruction requires DIP classes for: All Navy military & DON civilian personnel operating government motor vehicles (GMV). Personnel are required to take the DIP Class if they are required to operate a GMV by job description, PD, a requirement of the specific job, etc. It does not include personnel who operate GMVs such as the CO/XO, person using a GMV to go on travel, etc.
- All Navy military & DON civilian personnel involved in a crash while driving a GMV (whether on or off government property) All Navy military personnel who have been convicted of serious moving traffic violations (e.g. reckless driving, driving while impaired, speeding, following too closely, failure to yield, etc.) while driving a private motor vehicle (PMV) or GMV (whether on or off government property).
- All DON civilian personnel in a duty status who have been convicted of serious moving traffic violations (e.g. reckless driving, driving while impaired, speeding, following too closely, failure to yield, etc.), while driving a PMV or GMV (whether on or off government property) (Note- Serious violations are similar to those considered "6-point violations" by the Virginia Department of Motor Vehicles).
- Offenders, military or civilian, shall successfully complete the American Automobile Association's Driver Improvement Program (AAA DIP) conducted by a COMNAVSAFECEN-approved instructor or other COMNAVSAFECEN approved training or lose installation driving privileges.
- If you have been order to attend a "Driver Improvement Program" Class by the court, please check with the court to ensure they will accept the courses taught on-board the base. Please note: AAA Driver Improvement Courses taught on-base will not qualify for DMV Point Reduction on your driving record.



*Thanks to everyone who contributed to this month's Safety Advisor*

### **NAB LITTLE CREEK SAFETY OFFICE**

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**[www.nablc.navy.mil/safety](http://www.nablc.navy.mil/safety)**



U.S. Marine Corps photo by Sgt. Tracee L. Jackson

Marines provided clean-up and humanitarian assistance in St. Bernard Parish, LA, hard hit by Hurricane Katrina.

# HURRICANE PREPAREDNESS

The 2007 hurricane season begins on 1 June and lasts until 30 November. One in six Americans live along the eastern seaboard or the Gulf of Mexico, making hurricane preparation a must for many service members, civilian employees, and their families. It's important to:

- (1) Have a safety plan in place for protecting yourself in the event of a hurricane;
- (2) Consider making provisions for family members who cannot make safety plans for themselves;
- (3) Have food, water, extra personal medications and other emergency supplies available; and
- (4) Follow the instructions of officials concerning emergency actions including evacuations.

The Navy and Marine Corps are concerned about the safety and the physical and mental well-being of personnel in the aftermath of the devastation caused by hurricanes and natural disasters. A task force has assembled the booklet, *Guidance for Navy and Marine Corps Personnel Recovering from a Hurricane Disaster*, for use in the aftermath of this type of disaster. [For more information on Hurricane Preparedness, refer to the Resources page at the back of this Planner.]

## June Safety Dates

National Safety Month  
[www.nsc.org](http://www.nsc.org)

American Industrial Hygiene Conference & Expo, 4-6  
[www.aiha.org](http://www.aiha.org)

Eighth Annual DoD Industrial Hygiene Forum, 5th  
<http://www.dodforums.org/IH2007/index.htm>

American Society of Safety Engineers (ASSE) Annual Conference & Expo, 24-27  
[www.asse.org](http://www.asse.org)

Click-It-Or-Ticket Campaign (final week), 1-3  
[www.buckleupamerica.org](http://www.buckleupamerica.org)

## Safety Myth – Safety doesn't require advance planning.

**Reality:** Disaster can strike quickly, sometimes without warning. Anticipating emergencies and planning a safe response can significantly reduce injuries and limit damage to equipment and property.